Backwards Thinking: Exercise And Reduced Risk Of Dementia

By Joachim Bartoll | Feb. 17th, 2025

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Today we return to Verywell Health, aka., VeryBad Health if you actually were to follow their diabolical advice on nutrition, or more to the point, "Verywell Dead," as you'll likely feel like a walking dead and actually die a lot sooner.

This time they covered a backwards, and frankly put, useless study, exploring the relationship between exercise and insulin in the brain and the risk of developing dementia. Let's see what they came up with.

> *"Dementia, a term for several diseases that impair memory and cognition, is currently the seventh leading cause of death worldwide. Every year, around 10 million new cases of dementia are diagnosed globally—one every 3 seconds. Along with age, factors like high blood pressure and high blood sugar have been found to increase the likelihood of developing dementia."*

Dementia is not a "disease," it's the result of damage and/or toxicity, and or nutrient deficiencies from following a very bad and unhealthy diet, as well as exposure to environmental toxins and the inability to detox properly (due to that bad and nutrient deficient diet.)
The damage is mainly caused by elevated blood glucose from consuming carbohydrates, as well as oxidative damage from unsaturated fats (as in seed/vegetable oils,) from toxic buildup, and in some cases from high blood pressure, as it can damage blood vessels in the brain.

Dementia itself is a term used to describe a collection of symptoms that affect memory, thinking, and behavior, and it is not a specific disease. [3]

Dementia can be caused by damage to brain tissue, often resulting from various factors including **high blood glucose, oxidative stress from unsaturated fats such as seed or vegetable oils, high blood pressure, and toxins**. Metabolic disorders, such as those leading to high blood glucose levels, can cause confusion and changes in thinking or reasoning, and if left untreated, can lead to permanent brain damage, including dementia. [2] [5] Additionally, chronic inflammation and oxidative stress, which can be exacerbated by diets high in omega-6 fatty acids found in seed oils, have been linked to neurological disorders such as Alzheimer's disease and dementia. [6] High blood pressure is another significant risk factor for vascular dementia, as it can lead to vascular problems in the brain. [3] Proper detoxification is also crucial, as the inability to detoxify can lead to toxemia, further contributing to brain damage and dementia. [6]

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Nutrient deficiencies, particularly those involving animal fats, omega-3 fatty acids, B-vitamins, and vitamin D, are recognized as significant contributors to dementia. These nutrients are crucial for brain health and function. For instance, B-vitamins, especially B12, are essential for maintaining proper brain function, and their deficiency can lead to cognitive impairment and dementia-like symptoms. [5] [6] Similarly, omega-3 fatty acids, particularly DHA, are vital components of brain cell membranes and are linked to brain health and cognitive function. [6] Vitamin D also plays a role in brain health and has been associated with a reduced risk of cognitive decline. [6] Cholesterol, a component of brain cell membranes, is important for brain function, and its deficiency can negatively impact cognitive abilities. [6]

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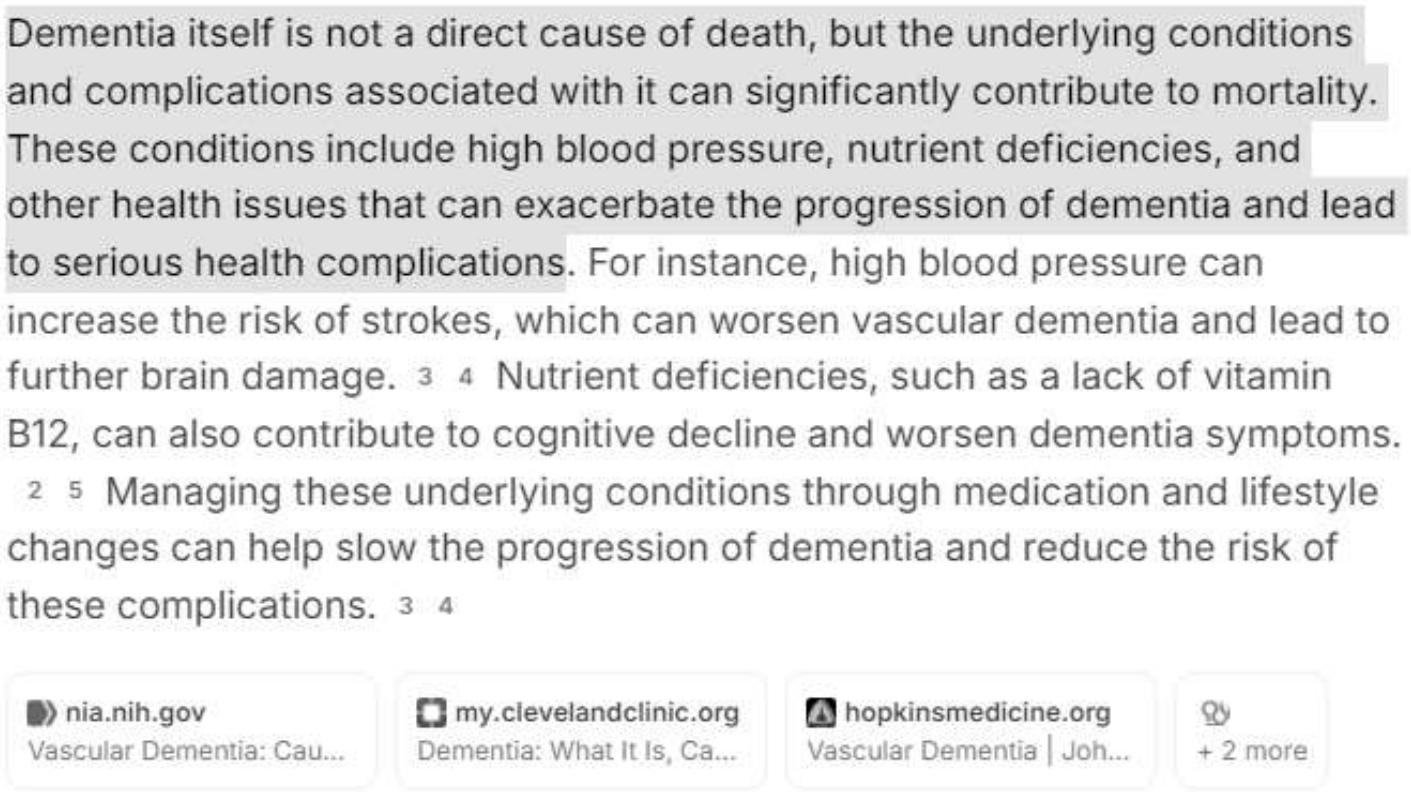
Also, dementia can not be the “seventh leading cause of death worldwide” as it is a symptom, a result of one or several underlying causes/conditions such as toxemia, chronic elevated blood glucose, and/or nutrient deficiencies. It’s those underlying offenders that are the cause of death, not dementia itself. Again, very simple logic and common sense.


Dementia itself is not a direct cause of death, but the underlying conditions and complications associated with it can significantly contribute to mortality. These conditions include high blood pressure, nutrient deficiencies, and other health issues that can exacerbate the progression of dementia and lead to serious health complications. For instance, high blood pressure can increase the risk of strokes, which can worsen vascular dementia and lead to further brain damage. 3 4 Nutrient deficiencies, such as a lack of vitamin B12, can also contribute to cognitive decline and worsen dementia symptoms. 2 5 Managing these underlying conditions through medication and lifestyle changes can help slow the progression of dementia and reduce the risk of these complications. 3 4
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> *“Think of your muscles like a dry sponge, said Steven K. Malin, PhD, one of the study researchers at Rutgers University. If you don’t exercise, your muscles become rigid, making it harder for insulin to do its job. But when you do move, you’re squeezing and softening that sponge, making the body more responsive to insulin, he said.”*

Is this Steven some random guy Verywell Health picked up at the queue at McDonalds? Muscles do not become rigid, they become oversaturated with glucose if you’re so stupid that you consume carbohydrates several times a day. As glucose is very damaging to the cells, they become more and more damaged as time goes on, especially if you do not enter a fasted state during sleep (as in

eating close to bedtime) or do not have long periods of being in a fasted state inducing autophagy where cells can be recycled and renewed — or simply long times of being in ketosis, only consuming fat, so our natural metabolism can be reactivated and your cells can heal and become more forgiving of glucose again.

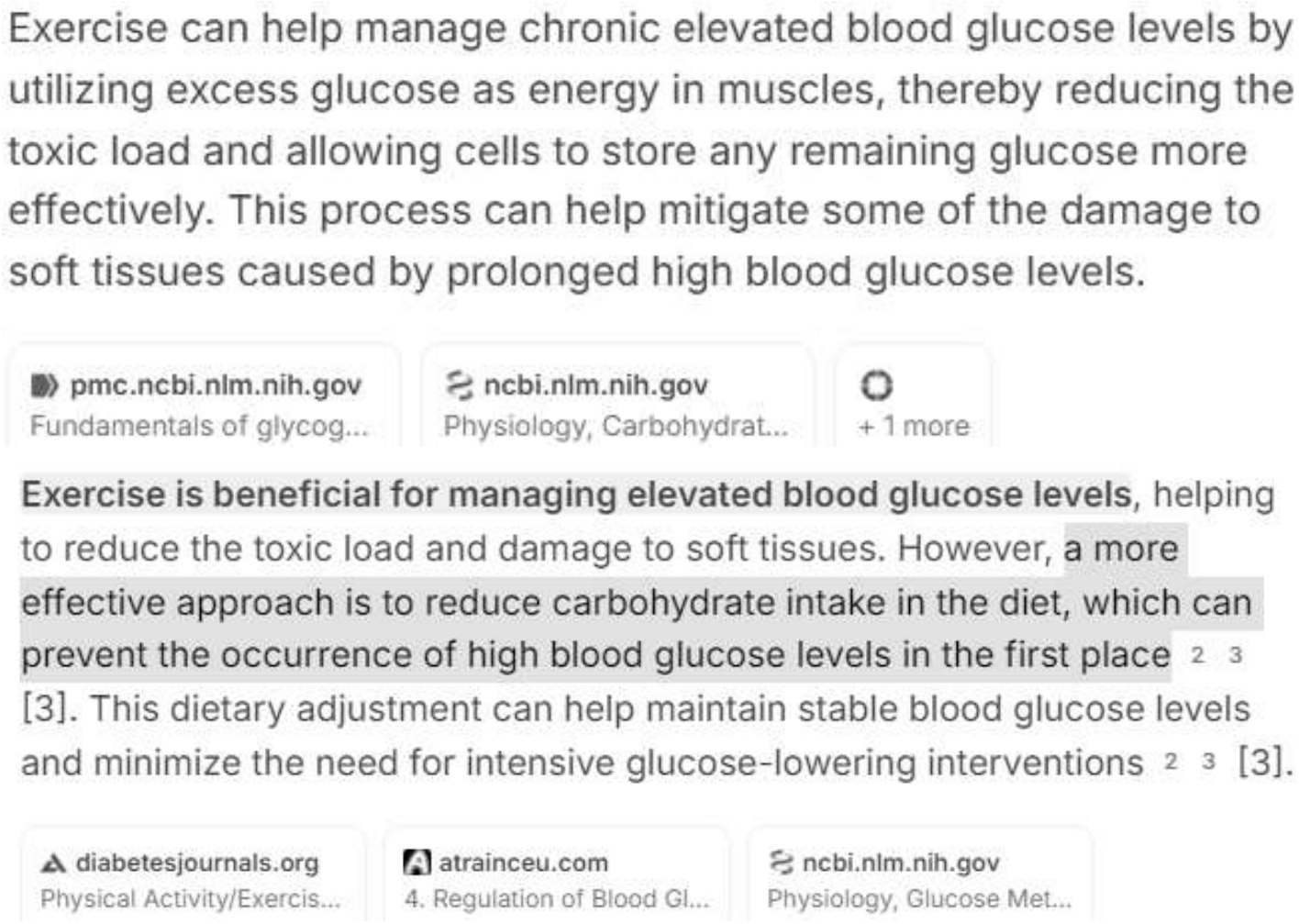
Cell Damage from High Glucose

According to biological and biochemical principles, chronically elevated blood glucose levels can inflict significant damage on cells, ultimately leading to impairment of glucose storage and utilization. High glucose concentrations can overwhelm cellular metabolic pathways, causing **oxidative stress, inflammation, and mitochondrial dysfunction**.

It has nothing to do with insulin, which is simply a hormone telling your cells to open up as there is an abundance of glucose available. It has all to do with the accumulated damage from increasing blood glucose, as in consuming carbohydrates, which over time will limit the cell's ability to store glucose or even stop it from doing so.

This cumulative damage can culminate in cellular dysfunction and even cell death, contributing to the development of insulin resistance. Insulin resistance is often misattributed to a defect in insulin receptor function or signaling, when in fact, it is a downstream consequence of cellular damage caused by chronic hyperglycemia.

Of course, exercising, as in using your body for physical work, will require energy, and some of that toxic glucose readily available in your bloodstream and stored in your muscle cells will be used by your muscles, giving room for more glucose to be stored as glycogen in cells. But that is simply a retarded band-aid as it does not address the problem, that of carbohydrates in the diet.


Exercise can help manage chronic elevated blood glucose levels by utilizing excess glucose as energy in muscles, thereby reducing the toxic load and allowing cells to store any remaining glucose more effectively. This process can help mitigate some of the damage to soft tissues caused by prolonged high blood glucose levels.
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Exercise is beneficial for managing elevated blood glucose levels, helping to reduce the toxic load and damage to soft tissues. However, a more effective approach is to reduce carbohydrate intake in the diet, which can prevent the occurrence of high blood glucose levels in the first place 2 3 [3]. This dietary adjustment can help maintain stable blood glucose levels and minimize the need for intensive glucose-lowering interventions 2 3 [3].
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I've covered this in many articles and for more on the topic, and if this is new to you, please read my articles "*Carbohydrates are NOT our body's preferred fuel*," "*No! You Should Not 'Eat' Carbs Ever!*," "*Insulin, Glucose Toxicity, And Fat Loss*," "*It's Not Diabetes-Related Complications, It's Carbohydrate-Related Health Complications*," and "*Carbohydrate Cravings In Depression Because Of A Broken Metabolism (Explaining The Importance Of A Natural Human Diet)*," before continuing.

> *"So, finding ways to reduce insulin resistance in the body may be a way to prevent dementia."*

Oh, you imbecile! No, "insulin resistance" is a construct, it's not real — and the ignorant name and idea divert and hide the real problem. The problem is damage from consuming carbohydrates and repeatedly elevating blood glucose above

natural levels, as too much blood glucose damages our organs, soft tissues, and also our brain. And of course ,another contributing factor is inorganic non-bioavailable unsaturated fats from seed/vegetable oils, as they damage the same tissues, especially the tissues of the cardiovascular system.

This cumulative damage can culminate in cellular dysfunction and even cell death, contributing to the development of insulin resistance. Insulin resistance is often misattributed to a defect in insulin receptor function or signaling, when in fact, it is a downstream consequence of cellular damage caused by chronic hyperglycemia.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

Elevated blood glucose levels can lead to a range of serious complications, including:

- **Heart Disease**: High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes.
- **Nerve Damage (Neuropathy)**: Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet.
- **Kidney Disease (Diabetic Nephropathy)**: Uncontrolled blood glucose levels can damage kidneys, leading to kidney failure and the need for dialysis.
- **Gum Disease (Periodontitis)**: High blood glucose levels create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss.
- **Dementia**: Research suggests that elevated blood glucose levels may contribute to the development of vascular dementia, a type of dementia caused by decreased blood flow to the brain.
- **Mood Disorders**: High blood glucose levels have been linked to an increased risk of depression, anxiety, and other mood disorders.
- **Eye Problems**: Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma.

Chronic Blood Glucose and Seed/Vegetable Oils: A Leading Cause of Heart Attacks and Strokes

In biology, biochemistry, and physiology, research has consistently shown that **chronically elevated blood glucose levels and consumption of seed/vegetable oils are major contributors to the development of heart attacks and strokes**.

In summary, the consumption of seed/vegetable oils, especially in combination with high-carbohydrate foods that increase blood glucose levels, contributes to the development of atherosclerotic plaques and subsequent cardiovascular complications, including high blood pressure, atherosclerosis, and stroke.

According to recent studies, there is growing evidence that toxic seed oils and their oxidation can contribute to the development of dementia, especially when combined with high chronic levels of blood glucose.

Seed oils, such as sunflower, canola, and soybean oil, are high in omega-6 fatty acids, which can cause an imbalance with omega-3 fatty acids in the body.

Furthermore, seed oils contain high levels of toxic compounds called aldehydes when heated. These aldehydes can cause oxidative stress, which can damage cells, including brain cells, potentially contributing to the development of Alzheimer's disease and other forms of dementia. 3

Combining the consumption of toxic seed oils with high chronic levels of blood glucose may exacerbate the risk of developing dementia by increasing both inflammation and oxidative stress in the body. 2 3

In other words, the solution is extremely simple: remove the offenders, remove the carbohydrates and the seed oils from the diet and then make sure to get really nutritious food, as in animal-based food, so you provide all the nutrients needed for the body and brain to heal. Simple. Logical. Common sense.

> *"The study found that exercise helps the brain regulate insulin, directly improving cognitive function. Researchers followed 21 older adults with prediabetes who completed 12 supervised moderate to high-intensity exercise sessions over two weeks."*

The brain does not really "regulate" insulin. The human body regulates insulin production through a series of steps involving monitoring of glucose levels and other metabolic signals. Beta cells in the pancreas, which are part of the islets of Langerhans, are responsible for insulin synthesis. These cells regulate insulin production by monitoring glucose levels, amino acids, keto acids, and fatty acids circulating within the plasma.

When a healthy human is running on our natural fat metabolism, as in being in ketosis from only consuming animal fats and protein, glucose is supplied through gluconeogenesis in perfect amounts for any scenario. If you are physical, more glucose is rapidly provided, many times faster than you could get it by consuming any kind of "fast-acting" carb, making our fat metabolism far superior to those consuming carbohydrates and only relying on exogenous glucose.

In conclusion, ketosis and fat adaptation are natural states for humans, as **our bodies are capable of manufacturing all the glucose we need through gluconeogenesis**. This process allows us to thrive on a diet rich in animal-based foods, with minimal carbohydrate intake. By understanding the interplay between gluconeogenesis and ketosis, we can appreciate the remarkable adaptability of the human body and its ability to optimize energy production in response to changing dietary conditions.

Contrary to the common notion that the body efficiently absorbs and converts glucose from carbohydrates, gluconeogenesis, a metabolic pathway, enables the production of glucose from alternative sources at a faster rate than the absorption and conversion of glucose from carbohydrates. This process occurs primarily in the liver and kidneys.

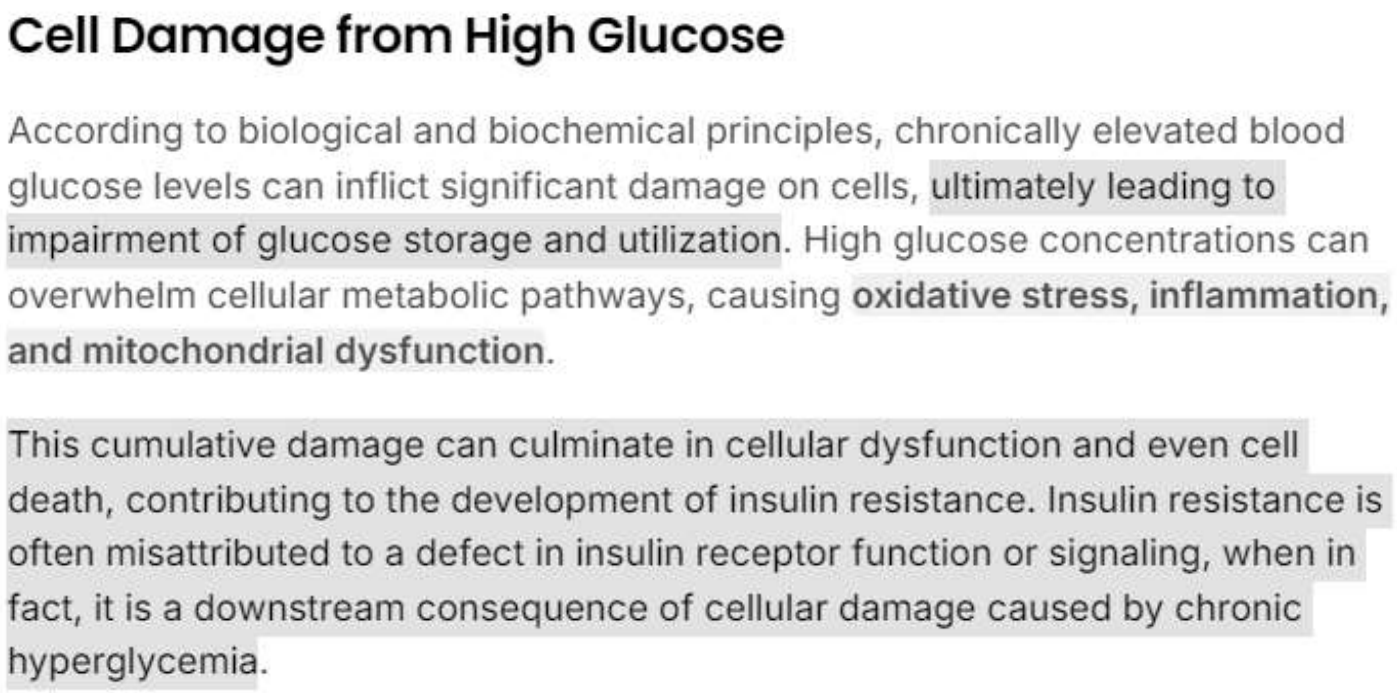
With that being said, no matter the scenario, when running on our natural fat metabolism, blood glucose levels are always kept constant at a safe level. Hence, there is never a risk of damage to tissues, which only happens if you for some reason consume carbohydrates and thus mess up your metabolism by raising blood glucose above its natural levels.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

When blood glucose levels rise above normal levels, as maintained by gluconeogenesis, it can cause damage to soft tissues. This is a common complication of diabetes, a condition characterized by high blood sugar levels.

So, again, in people who have been deceived into consuming carbohydrates, exercise simply uses up some of that toxic glucose as energy, making more room for additional glucose to be stored, and thus lowering the toxic load on the body and also on the brain. Insulin is simply the messenger, telling cells that there is an abundance of glucose and that they need to store it or you would die from toxicity. However, as cells get damaged from continuous long-time exposure to elevated levels of glucose, they lose their ability to store as much glucose as previously, and some cells might even shut down, simply refusing to store more glucose as it would kill the cell. That is what retarded “scientists” call “insulin resistance.” But it has nothing to do with insulin, it has all to do with the accumulated damage from consuming the wrong kind of foods, as in

carbohydrates and also seed/vegetable oils that cause similar oxidative damage to all our cells.


Cell Damage from High Glucose
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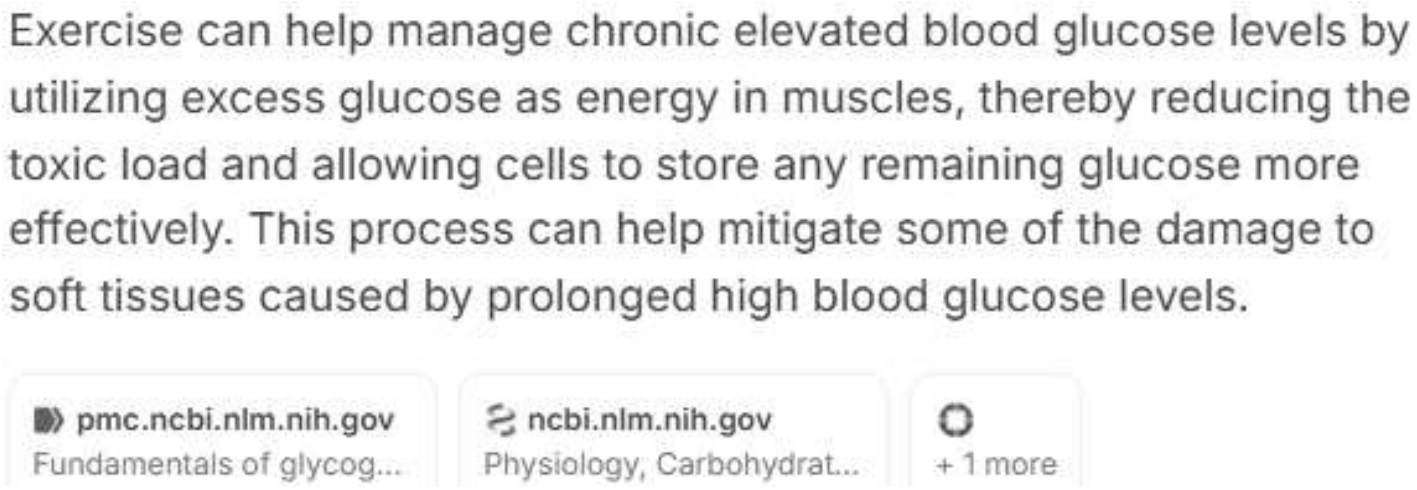
This cumulative damage can culminate in cellular dysfunction and even cell death, contributing to the development of insulin resistance. Insulin resistance is often misattributed to a defect in insulin receptor function or signaling, when in fact, it is a downstream consequence of cellular damage caused by chronic hyperglycemia.

So, sure, exercise will lessen the toxic burden as long as you do not increase the amount of carbohydrates in the diet. However, again, that is only a very retarded band-aid as damage is still being done, only at a reduced pace. Also, exercise doesn't help with any possible nutrient deficiencies. Actually, exercise will further deplete you of nutrients as they will be required for recovery. And we know that nutrient deficiencies contribute to dementia and most other "ailments," so this idea of adding in a lot of exercise without adding animal foods to the diet could actually backfire.
So, again, remove the offenders, remove the carbohydrates and the seed/vegetable oils.


Exercise can help manage chronic elevated blood glucose levels by utilizing excess glucose as energy in muscles, thereby reducing the toxic load and allowing cells to store any remaining glucose more effectively. This process can help mitigate some of the damage to soft tissues caused by prolonged high blood glucose levels.
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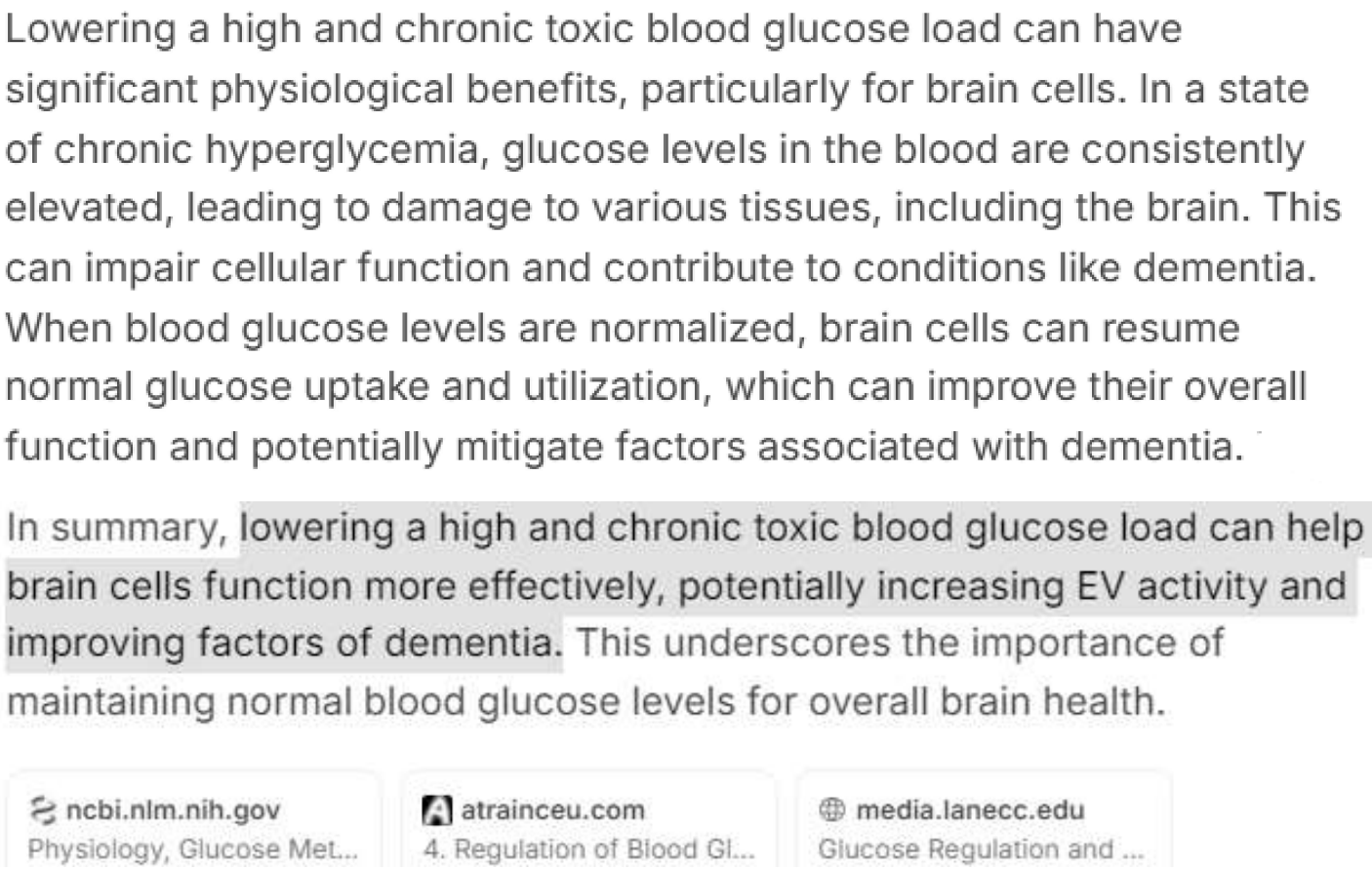
However, recovery from exercise requires additional nutrients. The body needs to replenish glycogen stores, repair muscle tissue, and support overall metabolic processes. If the diet is not properly balanced and does not provide the necessary nutrients, this can lead to nutrient deficiencies. Nutrient deficiencies can exacerbate the negative effects of elevated blood glucose and potentially worsen the overall health condition 3 [3].

> *"The first-of-its-kind finding pointed to a significant increase in brain-derived extracellular vesicles that carry insulin-related proteins. These tiny messengers help neurons communicate and play a crucial role in maintaining the brain."*

First-of-its-kind finding? Give me a break! This is simple biochemistry, it's common sense. Brain-derived extracellular vesicles (EVs) are nano-sized, membranous structures that carry various cellular components, including proteins, lipids, and nucleic acids, which can be transferred to neighboring cells. In the context of insulin-related proteins, brain-derived EVs have been shown to carry and transfer proteins that are involved in insulin signaling pathways.

If you bombard your body with carbohydrates and have repeatedly elevated glucose levels, cells will eventually begin to shut down and insulin can't do its job. If you suddenly start exercising and perhaps even lower your intake of carbohydrates, blood glucose levels will be reduced and your cells might be able

to handle the remaining excess glucose. And as the brain is no longer oversaturated with toxic glucose, brain cells are once again opening up and EV activity can increase.


Lowering a high and chronic toxic blood glucose load can have significant physiological benefits, particularly for brain cells. In a state of chronic hyperglycemia, glucose levels in the blood are consistently elevated, leading to damage to various tissues, including the brain. This can impair cellular function and contribute to conditions like dementia. When blood glucose levels are normalized, brain cells can resume normal glucose uptake and utilization, which can improve their overall function and potentially mitigate factors associated with dementia.
In summary, lowering a high and chronic toxic blood glucose load can help brain cells function more effectively, potentially increasing EV activity and improving factors of dementia. This underscores the importance of maintaining normal blood glucose levels for overall brain health.
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> *"A poor response to insulin can lead to dementia, so the idea that exercise can help prevent this by possibly boosting insulin signaling is significant, Malin said. While more research is needed, these findings reinforce the idea that physical activity could be an accessible, low-cost way to support long-term brain health."*

No, not a poor response to insulin, but the damage caused by too much blood glucose and other toxins from poor food choices. And again, simply remove the offender, remove the carbohydrates and the seed/vegetable oils.

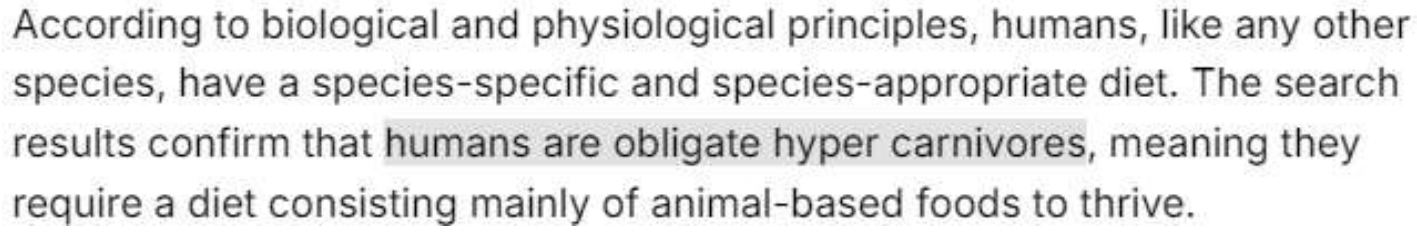
Using exercise as a crutch is retarded as the diet is most probable still poor and causing a lot of damage, and likely contributing to nutrient deficiencies.

Remember, another very common cause of all mental problems, including dementia, is the lack of saturated fats, and especially cholesterol, animal-derived omega-3's, and B Vitamins in the diet. Nutrients only found in animal foods. Your brain is made of cholesterol and omega-3's are crucial for its proper functioning, including healing and tissue repair.

So, by removing the offender, the toxic carbohydrates and seed/vegetable oils, and replacing them with animal-based foods, as in animal-fat and some animal-protein, you will not only remove the offender, but you will also provide all the nutrients needed for optimal brain function and healing. A logical win-win. Common sense.

> *"The future of dementia prevention will likely include a combination of lifestyle interventions, such as exercise, and medications, to have the most profound effect, Langbaum added."*

Exercise and medication? Talk about not giving a single f**k about people and their health, life quality and life expectancy. The only lifestyle intervention needed is that of the diet. Educate people in proper natural human nutrition. The fact that humans are obligate hyper carnivores, and every single ailment will eventually fix itself.
These evildoers and charlatans should be behind bars.


According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant-based foods, including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being.

Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant-based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

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